



LIFELINK

NEWSLETTER

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New OSC Program Instruction, Register for Upcoming Suicide Prevention Webinar

Gearing Up for 2015 Suicide Prevention Month, 1 Small ACT at a Time

Navy Suicide Prevention Branch's annual Cross Disciplinary Case Reviews consistently find that the majority of Sailors who die by suicide experienced a loss of belongingness, such as an inability to connect with shipmates, feeling like a burden on friends or family, or a perceived lack of purpose in the workplace or mission. While suicide is rarely the result of a single stressor or risk factor, strong connections and support are protective factors during challenging times. One small act from a shipmate, leader or family member can make a difference, and save a life.

September is Navy Suicide Prevention Month, kicking off our upcoming fiscal year Suicide Prevention efforts across the fleet. This year we are launching a new message within our *Every Sailor, Every Day* campaign, 1 Small ACT. This message encourages simple yet meaningful interactions to support one another, foster dialogue, promote early use of resources and prevent suicide.

Suicide prevention coordinators (SPCs) are vital to keeping Sailors informed, engaged and ready to act when it comes to supporting their shipmates—and themselves. By leveraging Suicide Prevention Month in September, SPCs can reenergize their command efforts and build sustainable initiatives that motivate positive action all year long. To assist SPCs in kicking off this phase of the *Every Sailor, Every Day* campaign at the deckplate, Navy Suicide Prevention Branch has developed the 1 Small ACT Toolkit to implement during Suicide Prevention Month. This printable toolkit includes resources such as key messages and plan of the day notes, event ideas, printable posters, fact sheets, social media messages and graphics, a sample proclamation from the commanding officer and more. The link to the toolkit will be emailed directly to SPCs and will be accessible online with other Navy Suicide Prevention Month resources at www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/spmonth/Pages/default.aspx.

This year, Sailors, families and the entire Navy community will have the opportunity to engage and contribute at the peer level by participating in the 1 Small ACT Photo Gallery. Individuals or

groups can post photos of themselves holding up the **1 Small ACT sign** personalized with a simple action that they can perform to make a difference in a shipmate's life (e.g., "I will continue to reach out to my shipmates, even after they've changed duty stations."). The image gallery will be housed on the **Navy Operational Stress Control Facebook Page**, illustrating the many ways to support every Sailor, every day. Submissions will be accepted from September 1, 2015 through August 31, 2016 by emailing photo(s) to suicideprevention@navy.mil or uploading via the **Real Warriors App**. Be sure to check out the entry details in the toolkit or **online** before submitting!

On September 1, SPCs, health promotion personnel, chaplains, leaders and other key influencers will have an opportunity to learn more about Navy's evidence-based suicide prevention and intervention tools through a live-facilitated webinar. More information about this training, co-hosted by Navy Suicide Prevention Branch and Navy & Marine Corps Public Health Center, can be found on page 3 of Lifelink. Registration is required by August 27 and can be completed by visiting <https://survey.max.gov/933674>.

There are many ways to engage next month and throughout the upcoming fiscal year. To get the latest Navy Suicide Prevention Month resources, visit the **Every Sailor, Every Day** webpage. Follow us on Facebook, Twitter and Wordpress for examples of small acts that you can perform on a daily basis to support your shipmates.



It's about being there for every Sailor, every day.



Lifelink Spotlight

If you go to Lt. Cmdr. Kelly Beamsley's website, www.kellybeamsley.com, and click on the "Military" tab, you don't get information about the Navy Reserve officer's career or family. Instead, you see this message: "Welcome aboard to this Unofficial U.S. Navy Information and Resources Training Site (AKA – PLAN B)."

Resilience refers to our capacity to withstand, recover, grow and adapt in the face of stressors and changing demands. And sometimes resilience requires a "Plan B," like Beamsley's website, which helps about 95,000 visitors each month find Navy information and resources. The site is a one-stop resource page for all things Navy. It features the top nine most frequently visited websites, complete with links. Below that in alphabetical order is every single resource website the Navy has to offer. The site also contains pay charts, evaluation and fitrep tips, award writing resources, family care plan help, DTS instructions and links to 'how to' videos, and much more.

Beamsley came up with the idea when he was new to the reserves, and searching for information online.

"The light bulb moment, being new to the reserves; simply wanting to know the ins and outs of the organization," Beamsley said. "My simple mindset was, how do I get stuff done, and where do I go to accomplish these tasks?"

The problem wasn't a lack of information online, it was the dispersion. For every question, there was a website and two more questions. So Beamsley decided to do something about it, beginning the 14-year process of fine tuning the website to be what it is today. And time isn't the only thing Beamsley spends on the site. Domain names and hosts cost money, but the feeling of helping others has been its own payment.

Beamsley loves that he can support more people in a day through the website than most people can support in their entire career. Finding meaning in work is one of the Principles of Resilience, and Beamsley gets evidence of the impact he's created through feedback from shipmates. Peer resources like his site promote predictability and a sense of community, helping to ease transitions among reservists and their families.

Read more about KellyBeamsley.com [here](http://www.kellybeamsley.com).

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Resilience Corner

Postvention is Prevention

For a command that has experienced a suicide, fostering a supportive environment is vital to sustaining psychological and emotional well-being. The Principles of Resilience can assist with the recovery process following a suicide, helping to promote a healthy grieving process and return to mission-readiness.



- **Predictability** – While suicide is not necessarily predictable, a command's commitment to a supportive environment can be. Encourage your shipmates to seek help, reminding them that it's a sign of strength. Ensure that support resources are in place and accessible (chaplain, medical, Fleet and Family Support Center, etc.).
- **Controllability** – During the grieving process, it's normal for things to seem out of your control. Be patient with yourself and with those around you who may be grieving differently. Allow yourself time to regroup and avoid situations that may hinder the healing process.
- **Relationships** – Connections with peers and loved ones are protective factors, fostering community, hope and purpose. Take a moment out of each day to ask how your shipmates are doing and actively listen. It's about being there for every Sailor, every day.
- **Trust** – Trust plays a critical role in withstanding adversity. Similar to predictability, the presence of trust before and after a tragedy promotes a supportive command climate and can help preserve mission readiness while promoting emotional health and recover fully.
- **Meaning** – While you may never understand the events leading up to the tragedy, leaning on the support of your shipmates and leaders can help strengthen the recovery process by sharing meaning and fostering hope.

For additional postvention resources, visit the **Suicide Prevention Resource Center**.

ATTENTION! Navy Suicide Prevention Website URL Change

Navy Suicide Prevention's website is no longer accessible by typing "www.suicide.navy.mil" into your browser. This URL will no longer redirect users to the full webpage and will either result in an error message or direct you to the Navy Personnel Command (NPC) homepage (npc.navy.mil). To access Navy Suicide Prevention's website, please use the full URL, http://www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx. If you are trying to access Navy Suicide Prevention from the NPC homepage, click '21st Century Sailor' > 'Suicide Prevention.' Please socialize this change with your shipmates to ensure they are able to continue accessing Navy Suicide Prevention resources.

News and Resources

Eat Healthy, Reduce Stress
[NavyNavStress](#)

Social Support is Vital to Women
at War [DCoE Blog](#)

Yoga Helps Control Stress [DVIDS](#)

Caregiver Peer-to-Peer Support
Initiative [Military OneSource](#)

Preventive Health: Tackle Life's
Challenges with Help from Self-
Care Website [DCoE Blog](#)

Preventive Health Resources [Health
Promotion and Wellness Toolbox](#)

Dealing with Frequent Separations
[HPRC Blog](#)

Didn't Make Chief? Master Chiefs
Discuss How to Stand Out at Next
E7 Board [NavyLive](#)

Mental Imagery Works [HPRC Blog](#)

Upcoming Events

**Webinar: Suicide Prevention
and Intervention Efforts in
the Navy and Marine Corps**
September 1, 1200-1300 ET
[Register Here](#)

SPC Training Webinars
September 25, 1800 CT
September 9, 1000 CT
[Register Here](#)

2015 DCoE Summit
September 9-11

Navy Releases Instruction Formalizing OSC Program

The Navy recently reinforced its commitment to building resilience, releasing the Operational Stress Control (OSC) Program Instruction (OPNAVINST 6520.1), which details policy, guidelines, procedures and responsibilities to standardize the OSC Program across the Navy.

The OSC Program, part of the 21st Century Sailor Office's (OPNAV N17) Suicide Prevention Branch (OPNAV N171), promotes an understanding of stress, awareness of support resources, and provides practical stress navigation tools to help build resilience of Sailors, families, and commands.

"This instruction was written using a team approach, and relied on the expertise of stakeholders from across the Navy to formalize the guidelines for an effective program," said Capt. Michael Fisher, the Director of Operational Stress Control and Suicide Prevention. The instruction, as well as the OSC Program in general, is Sailor-focused and research-informed.

"Since 2008, OSC has teamed with researchers, medical professionals and deck plate leaders, and we've made significant strides in advancing understanding of operational stress," Fisher said. "This instruction represents years of hard work, and the priority that our senior leaders place on the comprehensive well-being of our Sailors."

One way the OSC Program ensures that its efforts meet the needs of Navy stakeholders is through the OSC governance board. The makeup of the governance board, which meets quarterly, is defined in the new instruction. Participants include representatives from Naval Education and Training Command (NETC), the office of the Master Chief Petty Officer of the Navy, the Navy Reserve, the Chaplain Corps, U.S. Fleet Forces Command (USFF), U.S. Pacific Fleet, Navy Installations Command (NIC) and the U.S. Naval Academy (USNA).

The new instruction also outlines OSC training requirements, an integral part of ensuring all Sailors are trained and motivated personally to navigate stress and to assist their shipmates. Per the instruction, Sailors are taught OSC at accession points and military career milestones. Additionally, Sailors can receive instruction through general military training (GMT) requirements, and the work of mobile training teams (MTT), who provide pre-deployment Navy operational stress control (NAVOSC) skills training to commands within six months of deployment.

Leanne Braddock, the MTT program manager, has worked with the OSC Program since its inception. According to Braddock, the instruction represents an important message. "Our top Navy leadership doesn't just want people to get by; they want people to thrive, not just survive. The instruction speaks to how important leaders think our people are."

For more information, visit the OSC blog at navstress.wordpress.com or the OSC website at www.npc.navy.mil/bupers-npc/support/21st_Century_Sailor/osc/Pages/default.aspx.

Suicide Prevention and Intervention Efforts in the Navy and Marine Corps

In observance of Mental Health and Suicide Prevention Month, the Health Promotion and Wellness (HPW) Department at the Navy and Marine Corps Public Health Center (NMCPhC) will host a webinar in collaboration with Navy Suicide Prevention Branch (OPNAV N171) and Marine and Family Programs. The webinar will take place on September 1, 2015 from 1200-1300 ET, discussing evidence-based programs and tools for suicide prevention and intervention used in the Navy and Marine Corps from the deckplate to the leadership levels. Speakers will address the importance of recognizing and understanding the factors that place Sailors and Marines at risk for suicide and the importance of communicating with one another to connect the dots and take action. Highlights will include available resources to promote stress navigation and positive coping skills, evidence-based tools being taught around the fleet, and information on the Marine Corps INTERCEPT Program.

Registration is required for this event and can be completed at <https://survey.max.gov/933674>. Interested participants must have a Common Access Card to register and attend. Certified Health Education Specialists (CHES) can receive up to one Category 1 CECH. Please email usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-pew@mail.mil with any questions.